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# A New Me: A Study in Diet Therapy

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# A New Me

A  
Study  
in  
Diet Therapy

Submitted  
to  
Mrs. Hazel Thomas  
for  
Honors  
by  
Marska Ellis

December 14, 1973

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## INTRODUCTION

Obesity is a major problem in our nation today. It seems that we are eating too much and exercising too little. We can analyze, discuss, and write about obesity from now through eternity. However all of this is in vain, unless it causes us to lose weight.

Having been overweight most of my life, I feel that I have become an expert on the experience of being overweight. I began gaining weight in grade school, and then in junior high school I developed infectious mononucleosis which confined me to my bed for seven weeks during which time there was nothing to do but to eat and sleep. From that time on, it was uphill all the way. Each year I put on more pounds, until finally as a sophomore in college I really got serious about losing weight. (My parents had become progressively more serious and concerned about my "problem through the years, but had been unable to convince me of its seriousness.) I had reached the ridiculously high weight of 215 pounds. For a female with height 5'5", and average frame, the ideal weight is 120-130 pounds, which means I needed to lose about 90 pounds.

So, I started a series of unusual diets and exercises. I would eat three apples a day for a week, then meat for a week, followed by salads for a week. I tried it all, anything and everything, except the one way that really works. I did lose 30 pounds, but they didn't stay off.

Which brings me to the present. When I started this honors project I thought that it would force me to lose weight, as in no

weight loss = F. I had planned to try out several more new fad diets and stay with them until I had lost all of my excess weight. Between my sophomore year and this year I had put back on the thirty pounds I had lost plus some. Well, I just couldn't seem to stick with any of the diets I tried. This time I would lose a few pounds and then gain them back. It was so frustrating! I had no stamina or endurance, and I stayed exhausted all the time. In spite of these drawbacks and pounds lost and regained, I was able to lose and keep off 8 pounds.

Then, seven weeks ago, one of my friends talked me into joining Weight Watchers, and since then I have consistently and sensibly lost a total of eighteen pounds, I am not tired, nor am I irritable. I get plenty of food to eat, so I do not stay hungry. Several of my friends are on the same diet, and there is strength in numbers. I will not say that this program would work for everyone, but it has worked for me. It is educating me to think about what foods are actually nutritionally sound for my body needs. A person could learn this on his own under a doctor's supervision and receive the same results, if he would follow his doctor's orders.

Of all the many lessons in diet therapy I have learned through this project, the most important is that of motivation. People can talk to you about losing weight and you can plan out a diet, but unless you have a very strong motivation, whether it be health, beauty, or anything else you just won't stick with it. Also, fad or crash diets, as I have discovered through experience are a painful and ineffective way to try to lose weight.

On the following pages are excerpts and notes from a few of the many booklets and pamphlets which have helped in the completion of this project -- A NEW ME.

## WHY ARE YOU OVERWEIGHT?

Before you can successfully start to lose weight, it is important for you to understand why you are overweight. Your doctor has already determined that it is not due to any glandular problems. Therefore, your problem is caused by eating the wrong kinds of foods and eating too much of them. In other words, you have been overeating. Why? Probably for one or more of these reasons: nervousness, tension, frustration, boredom, loneliness. Think about it a moment. Isn't one or a combination of the above problems your problem? (Maybe you are one of those people who have been trained since childhood to overeat.) Overeating doesn't really relieve the problems mentioned above. It just adds another problem -- overweight. Once you recognize and accept this, you have taken the second step toward controlling your weight.

The "why" of overweight cannot be answered simply. The more science investigates the causes, the more complex they appear. Nevertheless, experts believe that the basic cause can be stated this way: Too little physical activity plus too much food equals overweight. Then you eat more food than your body needs, the excess is stored as superfluous fat.

Why do so many of us eat more than we should? Perhaps you recognize yourself in these reasons: Don't know the caloric value, that is, the energy or fuel value of foods. Don't know how much activity it takes to "work off" the energy value of the food eaten. Don't know which foods and beverages provide nutrition, and which



add only "empty calories" with little or no nutritive value. Don't change eating habits to meet changing energy needs; that is, don't cut down food intake when activities decline. Don't control snacks; use them as a pleasant pastime even when not hungry. Any of these "don'ts" can cause pounds to pile up. Changing "don'ts" to "dos" will reverse the trend.

What about these often-heard "explanations"? "It's my metabolism (my glands)." "Runs in the family." "Just middle-age spread." "Having a baby made me lose my figure." Facts? Let's see how true they are.

Disturbances in metabolism (the process by which the body uses food for energy, maintenance and repair) may contribute to overweight. Even if this is your problem a careful reducing diet, under your doctor's supervision, can melt pounds away.

Heredity too plays a part, though just how important is still not known. But remember, family eating customs also carry lost of weight! By changing eating habits, people from so-called "overweigh families" can reduce.

"Middle-age spread" is not inevitable, and it certainly can be corrected. True, muscle tone tends to slacken as we get older, which makes it hard for some people to hold that youthful waistline. But when birthdays begin to pile up pounds, it usually means one thing: A person's activity is slowing down while he is still eating at the same old pace. The body's energy requirements diminish in keeping with our changing activities and needs. As we cut down on physical activity, we need fewer calories.

Pregnancy need not add pounds permanently. Look around at the youthful-looking young matrons you know. They are lithe, living proof

that having a baby need not cause a woman to lose her figure. Today most doctors give special instructions on diet and exercise to expectant mothers because they know that overweight can cause difficulties during childbirth. It is not how much you eat, but what you eat that contributes most to good nutrition. By eating well-planned, nutritious meals both before and after her baby's birth, a new mother can build up her vitality and keep her figure too.

Our individual temperaments -- and perhaps emotional problems -- sometimes contribute to a weight problem. Some of us eat too much when we're bored or restless -- for want of something better to do. Others may, without realizing it, eat to relieve tense feelings. And for a few people, food seems to fill an "emotional gap." It may help to compensate for a sense of insecurity or a feeling of being unloved. Sometimes it takes some digging, with the help of a physician, to uproot possible emotional troubles which may cause a person to crave much more food than he really needs. And a reducing diet can get underway while the search for the underlying causes goes on.

No two overweight people are precisely alike. Overweight can be traced to custom, lack of information, food preferences, emotional troubles. While there are many facets to the problem, the fundamental pound-producers remain too much food and too little activity



## LEANNESS AND YOUR HEALTH

There is a direct connection between your weight and your health. The more overweight you are, the more likely you are to develop a serious disease and the less chance you have of living out your full span of life.

For these reasons, you would expect that most people try to lose weight because they are concerned about their health. Surprisingly, this is not so. The majority of people deciding to take off excess pounds are motivated by a reason other than health. If such is your case, then here is an additional incentive to learn new eating habits.

Overweight people have a much greater chance of developing the following diseases: atherosclerosis (hardening of the arteries), diabetes, heart disease, hypertension (high blood pressure).

In addition, overweight people have less resistance to infection; they make poor surgical risks; and, in pregnancy, women are more likely to develop serious complications. There is, also, a direct correlation between overweight and your span of life: 10 pounds overweight can reduce life expectancy 8%. 30 pounds overweight can reduce life expectancy 28%. 50 pounds overweight can reduce life expectancy 56%.

This is why excess pounds usually result in higher premiums for life insurance.

## REWARDS OF WEIGHT REDUCTION

If losing weight presents problems, it also offers rewards -- great rewards. And if you will excuse a pun, the rewards far outweigh the problems.

As you lose weight, you will become more of a doer and less of a watcher. In the process of learning to control your eating habits, you will also learn to do a great many things you have never done before. Your role as mother, wife, or provider will be greatly strengthened. You will learn that meeting your problems is living; that avoiding them -- or pretending they aren't there -- is existing.

Here are some of the changes you'll soon feel taking place:

1. You come to like yourself better.
2. You get much more pleasure and enjoyment out of comfortable and becoming clothes.
3. You feel better -- healthier and more alive.
4. You have a much greater sense of belonging -- both with family and friends.
5. You get over feeling depressed about your weight; in fact, you develop a whole new outlook on life. (Don't think your friends won't notice it!)
6. You can actually compete with other people: learn a new dance step, win a ping-pong match, be elected a club officer.

You feel better and will have more vigor and vitality simply because you are freeing your body of carrying around an extra load.

You look better to yourself and to family and friends. And looking better carries with it the inner satisfaction of personal accomplishment. You did it!

You'll be happier with yourself and with others. Everyone "blossoms" under the admiring, complimentary comments of other people. You can even be honestly smug because you were able to "stick to your guns!"

You might live longer. The statistics suggest this possibility. Records show that people who are past 45 who are overweight have a much higher death rate than people of normal weight. That's why life insurance companies are cautious and charge higher rates for "fatties!" But here's a happy note: Premiums on policies issued to overweight people are often cut back to normal once ideal weight is attained. You'll be less likely to develop certain chronic diseases, too.

## STEPWISE WAYS TO GET STARTED

Remember that you are not exactly like anyone else, so there can be no definite statement that you should weigh a specific number of pounds. However, your physician can tell you approximately what your desired weight should be, based on your general health, sex, height, age and your frame or body build. Your build refers to the size of your bone structure in relation to your height. People who have large bones will weight more at a given height.

After you and your physician have determined the desirable weight for you, you simply subtract that amount from your actual weight. This will give you the approximate number of pounds you need to lose. Then, with the physician's guidance, decide about how fast you will attempt to take off these excess pounds. Since your body accumulated the extra weight gradually, it is best to take it off gradually. From one to two pounds a week is usually considered safe.

Whether you go on a 1400-calorie or 1800-calorie diet depends on the number of calories you need to carry on your regular activities. For example, if you ordinarily need 2400 calories to maintain your weight and you go on a 1400-calorie diet, you can see that you are cutting 1000 calories a day. You should lose about  $1\frac{1}{2}$  to 2 pounds per week. Nutritionists and physicians working in obesity clinics have found that except in extreme cases, it is not a good idea to cut out more than 1000 calories per day. Many times they recommend that only 800 or 500 calories but cut out. Too great a reduction in calories may leave you tired, without enough energy to carry on your activities and remain in good health. That's when you're likely to just "forget" dieting to lose weight.



After you know the approximate number of calories you will need each day to allow you reasonable, yet comfortable weight loss, the next step is to consider how to get the most value from calories spent. If you use your allowance wisely, it means using it for calories which are accompanied by other important food values. Divide your calories as is done in this basic plan.

CHECK DAILY MEALS TO SEE THAT YOU HAVE . . .

- 2 or more servings meat (with visible fat removed), poultry or fish
- 2 eggs, four or five times a week
- 3 glasses skim milk ( $1\frac{1}{2}$  pints)
- 1 slice bread (enriched or whole grain, or  $\frac{1}{2}$  cup ready-to-eat cereal)
- 2 servings fruit (one should be citrus fruit or tomato)
- 2 servings vegetable (at least 3 times a week one should be dark green or deep yellow)
- 3 pats butter or margarin (1 pat is  $\frac{1}{2}$  tablespoon)

After you have decided the best diet plan for you, with the help of your physician, determined whether your calorie allowance for each day would be approximately 1400 or 1800. Now you are ready to spend those calories. On the following pages you will find menus from which you can select your three daily meals. These simple meals are good ones to prepare at home because the rest of the family may eat the same basic foods. Non-dieters may wish to have "seconds," to add bread and butter, and perhaps finish the meal with a dessert which is higher in calories than you can afford.

Remember, it is the total calorie intake for the day that counts. Sometimes you may save a glass of milk or another food to eat between meals. But when you add an "extra" food not listed on the menu, jot

down the calorie cost. Expect to take longer to reach your goal, or not to reach it at all, when you add too many extras.



## FOUR STEPS TO WEIGHT CONTROL

### 1. SEE YOUR DOCTOR

Before you start dieting, put yourself under a physician's supervision. After a thorough checkup, he will tell you whether you should go on a reducing diet. If he advises you to lose weight, he will help you set your desirable weight goal, guide you in achieving it, and make it easier for you to maintain your best weight. His guidance can make the difference between success and failure in a weight control program. Of course, he cannot make you thinner, only you can do that. But if you put yourself under your physician's care and maintain the recommended regimen, you will start to show results in a short time.

Your physician will probably tell you that there is no cure for overweight, and that controlling this common condition is a longtime, usually a lifetime enterprise. For best results, you will need to remain under medical supervision long enough to lose as much as you and your doctor decide you should or can, and then return to him periodically for a while to see whether you are holding the line.

By putting yourself under your doctor's care, you will avoid the danger of a diet that may be unsuitable or even harmful, especially to persons who have medical conditions such as liver, kidney or heart disorders that may require special attention when dieting.

Your physician will select the diet best suited to you, instruct you in proper nutrition, bolster your morale, and make adjustments in the medication, usually as a temporary measure only. In any event, only medications prescribed by a physician specifically for you should ever be taken when dieting.

A great deal of dieting goes on without the advice and guidance of physicians. In many instances, such unsupervised dieting -- often in the nature of a passing fad or a too-severe crash diet -- is harmful to the dieters. What is more, these diets are usually doomed to show results only temporarily, if at all. Weight loss achieved through crash dieting is seldom maintained. Before you let yourself in for something like that, think: Do you really want to go through all that trouble for a weight loss that won't last?

## 2. SET YOUR WEIGHT GOAL

Based on desirable weight tables, your own estimate of your determination to lose, and your doctor's advice, setting your weight goal is the next step. Let's say that you and your doctor have decided that you should lose a total of 35 pounds. You might try to lose half this amount over a period of two or three months. During this time you will attempt to shed about two pounds a week -- sometimes more, sometimes less. The balance will be lost more gradually. A weight-reducing plan is easier for most people to follow if they tackle it in slow and relatively easy stages, recognizing that it can't be accomplished overnight.

Weight control follows the rules of supply and demand.

You will lose weight if you supply your body with fewer food calories than its activities demand. (Your body will use its own stored fat to make up the difference.)

You will keep your weight at the same level (maintain weight) if you supply your body with just enough food calories to meet its activity demands.

You will gain weight if you supply your body with more food calories than its activities demand. (Your body will store the excess as fat.)

It is a good idea before you start your diet to figure out just how much you are accustomed to eating. Put down everything you eat for three consecutive days (including at least one typical weekend day). Then figure out the calorie count as accurately as you can. Your doctor will probably be interested in seeing this Diary. It will help him to determine where the problems lie, what it would be best to cut out, what to substitute, what to add for adequate nutrition.

To follow a diet plan successfully, you may need to experiment a bit before you learn how many calories you can eat and still lose weight. If you are a man whose work requires a good deal of physical activity, you are likely to require more calories than a man whose work is largely confined to an office. But more and more of us are doing work that requires relatively little expenditure of physical energy. The energy expended by an active homemaker and mother, aided by today's electrical appliances, is less than it would be without modern household conveniences. Large-framed, active men, teen-agers who need extra calories for growth, pregnant women and nursing mothers, however, do require higher-calorie diets.

When you and your doctor have decided on the number of calories in your suggested reducing diet, the experimenting begins. Joe Jones, who is a lawyer, may find that he can lose weight on a 1,500 calorie daily diet. Jim Smith, who is a farmer, may find that he can lose satisfactorily on 1,800. Martha Jones, secretary to Joe's boss, may need to cut down to 1,000 calories a day in order to lose weight. Helen Smith, with two youngsters to look after, as well as a large kitchen garden to tend, finds she can eat 1,200 calories a day and still lose weight.

There are sample menus which suggest balanced meals for 1,000, 1,200 and 1,500 calorie diets. Variations and substitutions help to make them palatable over a long period. The breakfast milk, for example, may be poured over cereal or used in a pudding or soup, if you prefer not to drink it. Measuring ingredients and servings accurately, though, is essential if you are to remain within the calorie limit.

Adjusting to individual differences is a "must" in a program of weight control. If you find that you are not losing weight after a reasonable trial period, the solution usually is to cut out calories or to step up activities. But before you blame the diet, are you sure you are following it carefully? Counting all ingredients -- including alcoholic beverages, if any? Gauging portions correctly?

### 3. RETRAIN YOUR EATING HABITS

Once you are on the way to your desirable weight, you will realize that it's time for a permanent change in exercise and eating habits. Ask yourself: What foods do you usually choose? How many meals do you eat each day? Do you habitually eat a lot at one meal -- say, dinner -- and skip or skimp others? How do you like your foods prepared? Do you pay attention to the size of portions? This can be crucial. Remember, there are twice as many calories in a 6-ounce serving of steak as in a 3-ounce serving!

The more foods you learn to like, the easier it is to substitute low calories for high. Actually you should be able to eat many of the foods you are accustomed to eating -- but in smaller portions and, in some cases, prepared differently.

Many people reduce without learning calorie values. They do this by eating only a few foods they believe to be "low calorie." There is

no need to deprive yourself of many, many other foods suitable for dieters. Although you may lose weight temporarily on a monotonous fad diet, you cannot go on for long eating a few foods exclusively. Eventually, faddists return to their old eating habits and their old trouble -- overweight.

Variety is not only a key to success in maintaining weight loss, it is also necessary for good nutrition. So take a little time at the outset to familiarize yourself with food values. Learn which foods are low in calories, high in essential nutrients. Those are the foods you can live with from now on.

Consult calorie tables and diet menus to help you plan your meals. Start by making a mental note (written, if you prefer) of foods that are lowest in calories. Look at asparagus, for example: 5 stalks for 15 calories! Many other vegetables are calorie bargains and help to satisfy hunger while providing needed vitamins and minerals. If you prefer something tangy, how about a pickle (only 10 calories)? Fruits may be more to your taste, especially for dessert. You'll find many fruits good low-calorie substitutes for calorie-rich favorites. (If they are canned in sugar syrup, rinse.) Always study labels on packaged foods. Choose those with ingredients that won't stretch your calorie budget.

Now look up the foods you are particularly fond of. Can your diet "afford" 300 calories for a 3-inch section of lemon meringue pie? What if you should trim the portion? Indulge only a rare occasions? Switch to home-made lemon pudding with skim milk and sugar substitutes-- without that calorie-rich pie crust?

In general, you will want to avoid such items as fried foods, oily dressings, cream and cream cheese, fat meat, gravy, sugar and other sweets, nuts, and foods prepared with a lot of shortening. Substitute vegetables and fruits with low calorie counts, cottage-style cheese, sugar substitutes, various seasonings, herbs and spices to add zest without inflating the calorie count. Once you acquire the principles involved, you should find the challenge to your ingenuity and the pleasing dip of the scale great morale builders.

Note that the calorie tables refer to average servings and that the calorie counts refer to portions given in specific measures. You will want to pay attention not only to the kinds of foods you eat but the amounts as well. They all add up -- and up -- and up.

At first, sticking to a diet may be difficult, so don't get discouraged if you sometimes slip up and eat more than you intended. Renew your efforts and return to your plan at the next meal. Here are additional suggestions.

--Weigh yourself once a week and keep a written record of your progress. Don't be surprised if there are times when the scales fail to show a loss even when you've been sticking strictly to your diet. Lost fat is sometimes replaced temporarily with water in the tissues. This condition gradually corrects itself as dieting continues.

--Be sure to eat a good breakfast -- one which supplies from one-fourth to one-third of your total daily calories. This not only gives you needed nourishment, but makes it easier to resist the temptation to snack between meals, or eat too much lunch.

--It's a good idea to eat meals slowly, allowing time for the blood sugar to rise. You'll find that this helps to make smaller amounts of food more satisfying.



--Make your coffee break black coffee or tea, no cream or sugar. Use a sugar substitute if your physician approves.

--If you get hungry before mealtime, a cup of bouillon, tomato juice, or even a glass of water can help. Or munch on celery, carrots, radishes, pickles.

--If you're in the habit of having a snack while reading or watching TV, save your dessert or beverage from lunch or dinner for snack-time. Or try raw vegetables, a small fresh fruit, grapefruit or tomato juice.

--Don't forget -- menus cover three meals a day only. When adding up calories, be sure to count coffee breaks, TV snacks, beverages and the other extras that may make up your total daily diet.

--You might join a weight-control group -- operated under medical supervision -- if your doctor thinks this method may help you.

Beware of crash diets and so-called wonder foods that promise rapid results. There are no safe short-cuts or miracle methods for taking off weight healthfully. Even if they seem to work at first, how long can you keep them up? The only sure way to slim down for keeps is:

1. Increase your daily activity.
2. Eat less.
3. Eat fewer high-calorie foods.

Your goal is weight control -- not a zigzag between losing and gaining. That goes for those who want to prevent overweight as well as those who want to maintain their loss.

#### 4. BE MORE ACTIVE.

Along with resistance to high calorie foods and overeating, try more active participation in sports and other forms of physical

exercise. Moderate exercise every day will help your body to burn up superfluous fat, firm up muscles and smooth down bulges. And it will not increase your appetite.

To be successful and safe, a program of exercise should be approved by your doctor. How much and what sort of activity is best for you depends upon your age, your physical condition, and what you're accustomed to doing. If you sit at a desk five days a week, don't hurl yourself into a whirlwind of sports on the weekend.

Start your physical fitness program gradually with conditioning exercises, and keep workouts moderate. A brisk daily walk can be a great help in taking off weight -- and keeping it off. So is a daily swim or a daily bicycle ride -- in short, any moderate physical activity that you can enjoy and benefit from every day.

If sports are not your dish, your physician may suggest specific physical fitness exercises which do not take too much time and effort, yet do help work off some energy and keep you trim.

On a reducing diet, to lose is to win. You increase your ability to do the things you want to do with less fatigue and more enjoyment. You win a greater chance for a longer, healthier life, a more attractive appearance, a sense of wellbeing, and not least, a feeling of accomplishment. To set yourself a goal and to achieve it -- what could be more satisfying? Only one thing. To keep the prize you have won through self-control, **WEIGHT CONTROL.**

## THE FOOD IN YOUR REDUCING DIET

- MEAT:** Three ounces of cook lean meat are planned for lunch menus and four ounces for dinner menus. Marble means that the lean portion of meat is interspersed with thin steaks of fat too small to be separated from the lean. The weight of raw meat you buy to give you this amount of bone and fat. Follow recommended meat cookery procedures. Do not add flour. Trim visible fat from meat before eating.
- VEGETABLES:** Cook rapidly in a small amount of water when possible, to save food values. In serving, use only the amount of fat allowed for that meal.
- FRUITS:** Use either fresh or canned fruits. When using canned fruits, choose those to which no sugar has been added. Read the label.
- EGGS:** It's usually best to plan to prepare eggs by soft- or hard-cooking, or by poaching.
- FAT:** Use margarine in place of butter, if preferred.
- COFFEE AND TEA:** You may drink coffee and tea whenever you like provided no sugar or cream is added.
- SALAD DRESSINGS:** Use lemon juice, vinegar, or one or the low-calorie salad dressings on the market, except where mayonnaise is specified. (Do not use mineral oil.)
- BREAD:** In place of the slice of whole wheat bread listed in menus, you may use enriched white if you prefer. Or, you may use cup ready-to-eat cereal with 2 tablespoons cream.

## HELPFUL HINTS

Anything that helps you to get adjusted to new eating habits is worthwhile. Over the years, a number of tips have been found to be useful.

Use small dishes. It makes it look as if there's a lot more on the plate, and this little deception can help you walk away "feeling full."

Eat slowly. Chew Well. This gives the food time to satisfy your body's hunger needs.

Don't stand up when eating or snacking. It's too easy to pick up a lot of calories this way. And you may forget to count the calories and list them in your food diary.

Taste your food before you salt it. Using more salt than you actually need will make you thirsty, and you'll be tempted to satisfy that thirst with something containing calories.

Buy new clothes a little tight. If you plan to alter your present clothes, make them feel snug. This will remind you that if you eat less today and tomorrow, the clothes will be more comfortable by the day after tomorrow.

## THE WEEK YOU DON'T LOSE WEIGHT

There may well come a week, during your first month of learning new eating habits, that you will not lose any weight. Indeed, you may even gain a little. Don't worry about it. It is perfectly normal and expected.

There are a number of reasons why this may occur. First, the body's water balance is usually upset when you begin to lose weight. Actually, most of your early weight loss is made up of water. To prevent dehydration, the body may begin to store water or eliminate it at a slower rate which can show up as a slight weight increase. Second, when women have a menstrual period, the body tends to retain fluid at this time and could result in a temporary increase.

Either or both of these conditions will clear up by your next weighing. But if your weight continues to remain stable or goes up, then it's time to check your diary to make sure that you aren't eating more calories than your doctor prescribed.

## HOLIDAYS AND VACATIONS

Every "Special Day" is a temptation to eat more calories than you should when you're trying to lose weight. The rationalization for eating more is that if you don't, then you're not taking part in the festivities or that you're missing out on something.

There is no reason to feel either one of these things. You can fully participate and still lose weight. The answer is twofold: first, since you know a special day is coming up, prepare for it by cutting down on your calories a week in advance. And, if necessary, cut down a week after it's over. Second, there is no reason for you to take full portions. If you are served a large helping, just don't eat all of it.

These two simple rules let you enjoy yourself -- even try new foods -- and still control your weight.



## MAINTAINING YOUR NEW WEIGHT

Once you reach your desired weight, you will be able to eat just about anything you want.

Does that startle you? Then, let's see why it's true.

First, you have been restricting your intake of calories in order to lose weight. When you reach your proper weight level, you can then increase the amount of food you consume. Indeed, you should increase your daily calories because you no longer want to lose any more pounds. At this point, you will want to eat enough to maintain your weight. Your doctor will tell you how many calories you need which, in part, is determined by your activities. Obviously, a highly active person will require more calories than a less active one.

The second big reason that you will be able to eat most foods is that you will have learned new eating habits. That means that there will be high calorie foods you no longer desire -- and those that you still do, you will eat less of, less often.

Your eating habits will be forever changed, and you won't have that constant (and depressing) feeling of "missing something" that you've probably had on previous attempts to lose weight.

Perhaps the most important thing to remember once you have reached your normal weight is to continue your regular weekly weighings. This enables you to keep a constant check on your weight. If you should find it going up, you can immediately reduce your calories again and take off the extra pounds before they begin to add up.

Good luck!